



THE CITY OF SAN DIEGO

PARK AND RECREATION DEPARTMENT

THERAPEUTIC RECREATION SERVICES

“We enrich lives through quality parks and programs”

SPRING

APRIL / MAY / JUNE 2004

(619) 525-8247; (TDD) 525-8249; (FAX) 299-9304

e-mail: prdsp@sandiego.gov

DSAC CORNER

The City of San Diego Park and Recreation Department, Therapeutic Recreation Services, provides therapeutic recreation programs for children and adults with any type of disability. Certified Therapeutic Recreation Specialists work with participants on social and recreational skill development, appropriate behavior, increased independence, leisure education, and recreation participation in inclusive environments.

STAFF

Kathy Aceves, M.S., RTC, CTRS
Program Manager

Marla Knox, RTC, CTRS
Supervising Recreation Specialist

Ken Rundle, MBA, CTRS
Supervising Recreation Specialist

Jessica Battaglia, CTRS
Supervising Recreation Specialist

Rose Caldwell, CTRS
Inclusion Coordinator
Recreation Specialist/Volunteer Coordinator

Kristi Fenick, CTRS
Recreation Specialist/Leisure Seekers/
Independent Club Program

Connie Hegey
Recreation Specialist/People in Recovery Programs
Scott Krause

Recreation Specialist/Adaptive Sports Programs
Julie Gregg

Recreation Specialist/Children and Teen Programs
Marie Wiggins

Recreation Specialist/Adult Programs

Karl Kramer
Clerical Assistant II

Recreation Leaders

Mary Brooks	Ken Luke
Shannon Bullock	Eric Neitzel
Everett Despirito	Bernadette Parin
Danny Ferrez	Cheryl Pawlak
Ricci Henderson	Kimy Potter
Danielle Hernandez	Leslie Robinson
Mary Alice Hillier	Anna Sanchez
Mark Johnson	Erika Sariñana
Larry Keough	Austin Snyder
Kelly Levens	Ken Trigueiro

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation Services. Their purpose is to offer support and promotion of quality activities, act as a liaison between the department and the community at-large, administer contract programs for persons with disabilities, and provide public relations and fundraising support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested persons. Meetings are held on the 2nd Wednesday evening of each month, at 6:30 p.m. in Room 1 at the War Memorial Building. Please call Kathy Aceves at (619) 525-8247 for more information.

ANNUAL MEETING AND ELECTIONS

DSAC held their annual meeting and elections on January 14, 2004. Board members and officers for 2004 are:

Chair	Dave Mulvaney
Vice Chair	Fred Liebel
Secretary	Lin Taylor
Treasurer	Richard Gilbert

Stephanie Clark	Anita Paredes
John Curry	Patricia Robinson
Kurt Farrington	Robbin Kulek
Saul Goldstein	

WELCOME ROBBIN & ANITA

Robbin Kulek and Anita Paredes are our newest Board members. Robbin works in the City Auditors Department, serves on the board at St. Madeleine Sophies, and her children are regular participants in our programs. Anita is the Program Director at Community Connection Resource Center. We are thrilled to have their expertise!

UPCOMING FUNDRAISERS

DSAC will be co-sponsoring fundraiser events with several of our community agencies as follows:

April 2nd, Variety Show and Dance, 8-11 p.m., WMB.

Call Stepping Stone at (619) 295-3995

April 17th, Spaghetti Dinner, 5-8 p.m., WMB.

Call Turning Point at (619) 233-0067

May 28th, Memorial Dance, 8-11 p.m., WMB

Call VVSD at (619) 393-2035

June 19th, Dance, 8-11 p.m., WMB

Call East County Drug Court Alumni

at (619) 588-1989

**CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT
THERAPEUTIC RECREATION SERVICES**

H I G H L I G H T S

THERAPEUTIC RECREATION SERVICES

It's been one year since we changed our name from Disabled Services to Therapeutic Recreation Services. It's been a positive change, and staff feel the name truly represents what services we offer. In addition to providing accessible recreation activities and having fun, our programs follow a continuum of care which assists individuals in restoration, adaptation and adjustment required to achieve optimal health, independence and well-being. Many of you completed an assessment where we asked questions pertaining to your skills, abilities, lifestyle, and leisure interests. This information is compiled and programs goals are designed to address deficit areas, teaching the skills needed to achieve greater independence. One example is social skills development. Many of our participants have difficulty with social interactions, from shyness to inappropriate behavior. Program goals include teaching manners, initiating conversations, following directions, self-introductions, making friends and group social dynamics. Other areas we work on include physical fitness, increasing self-esteem, cognitive development, and leisure education. Our interns work individually with some of our participants on accomplishing goals over a set period of time. We are very blessed to have several nationally Certified Therapeutic Recreation Specialists on staff who can implement the necessary interventions to effect positive change in the lives of our participants. Your feedback is needed to help us ascertain the success of our programs. Staff distribute evaluation forms after programs and we need your help in completing and returning these forms to us. Please be sure to share any other feedback via telephone, e-mail, letters or just talking with staff. Also, let us know if you have any individual goals or needs that we might be able to address. Staff will be happy to share programs goals with you and answer any questions. We are excited to see so many positive changes in our participants, and look forward to providing therapeutic recreation programs to enhance the health, well-being and quality of life for all our participants for years to come.

VOLUNTEER RECOGNITION MONTH

April is National Volunteer Recognition Month and no one is more deserving of recognition than the 2000 volunteers (individuals and groups) who contribute over 20,000 hours of service annually to our programs. Office work, program preparation, set-up, clean-up, soliciting donations, repairing equipment, coaching teams, providing 1:1 assistance at programs, leading activities, and so much more, our volunteers do it all! We are fortunate to be blessed with so many dedicated volunteers; we truly could not accomplish what we do without you! We will be thanking and honoring all of our terrific volunteers on April 28th, at our brand new Petco Park, where we will enjoy a picnic dinner and recognition, followed by a Padres game. Invitations will be sent out soon, so watch for yours. From the bottom of our hearts, THANK YOU for all you do for Therapeutic Recreation Services!

REFLECTIONS V

Therapeutic Recreation Services is again proud to be a co-sponsor of *Reflections V*, the Cal Diego Paralyzed Veteran's Association's fifth annual exhibition of art by artists with disabilities. The show will open Friday, May 28th and run through Sunday, June 6th, in the Santa Fe room at the Balboa Park Club in Balboa Park. Billed as a non-theme, multi media event, the show features works in oil/acrylics, drawings, water colors, photography, mixed media, and three dimensional art. Artists wishing to showcase their work should call Cal-Diego PVA at (858) 450-1443. The show is open to the public and admission is free. Come spend a leisurely day in Balboa Park and enjoy this show!

SPRING INTERNS

We are so fortunate to have 2 SDSU Therapeutic Recreation students doing their internships with us this Spring. Laura Egge and Sayaka Ishibashi started in January and will finish up the first part of May. They have been very busy learning all aspects of our program, and are doing a fantastic job leading activities as well. We are expecting more interns this summer, just in time for our busiest season.

THERAPEUTIC RECREATION SERVICES

SCHEDULE OF EVENTS

YOU MUST CALL THE THERAPEUTIC RECREATION SERVICES OFFICE TO REGISTER FOR ALL PROGRAMS (TELEPHONE 619-525-8247, TDD 619-525-8249)

In the event of last minute cancellations (less than 48 hours notice) you will be required to pay the program fee, if program costs are not met. Also, be sure participants are picked up on time. A late fee of \$5.00/15 minutes will be assessed after the first 15 minutes.

ALL

ALL: All ages and all individuals; any disability

ALL TEENS/ADULTS: Ages 13 and over, with any disability.

SPRING STRIKE FORCE BOWLING LEAGUE

The Spring Strike Force bowling league is full at this time. Please check back for the Fall league starting in September, 2004. Remaining dates are as follows: 4/3, 5/8, 5/15, 5/22

BOWLING BANQUET

Let's celebrate the end of the Spring Strike Force Bowling League in style. Participants are free; guests are \$10 each. Location to be announced. Leader: Marie Wiggins
Saturday, June 12 11:30 a.m. to 2 p.m.

TANDEM BIKE RIDE

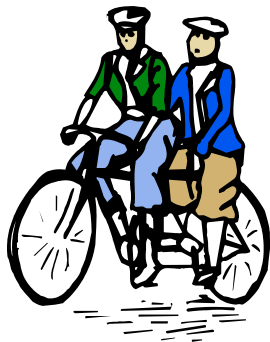
We meet one Saturday a month at various sites. Tandem bikes, helmets, and water are provided. Captains/participants meet at the site at 10:30 a.m. or meet at the War Memorial Building by 10 a.m. to carpool (van space is limited, so sign up early). **Bring a lunch and let us know where you'll meet us, when you sign up.** Leader: Connie Hegey

10:00 a.m. to 1:30 p.m.

April 10

May 8

June 12



Cost: \$1.00

Lake Miramar

North Crown Point

Fiesta Island

**SEE SPECIALTY DAY CAMP, PAGE 13
for sign-up information for Summer Camp.**

**Registration for all camps begins
Monday, May 3.**

No reservations accepted before that date.

SPRING FLING DANCE

Teens and adults, join us at the War Memorial Building for an evening of dancing. Cost covers entrance fees, and refreshments which will be served throughout the evening. Photos will be available at an additional \$2.00 per person. Therapeutic Recreation Services does not provide direct supervision, so please plan accordingly. **Please sign up by Thursday, April 22nd.**

Leader: Kristi Fenick

Cost: \$3.00 per person

Saturday, April 24

7:00 to 10:00 p.m.

CINCO DE MAYO DANCE

Teens and adults, join us at the War Memorial Building for an afternoon celebration of dancing, activities and lunch. Cost includes lunch, entertainment and prizes. Therapeutic Recreation Services does not provide direct supervision, so please plan accordingly. **Please sign up by Monday, May 3rd.** Cost: \$3.00 per person Leader: Kristi Fenick
Wednesday, May 5 10:00 a.m. to 1:00 p.m.

SAN DIEGO COUNTY FAIR 2004 JUNE 11 – JULY 5

We have a limited number of fair tickets; buy one get one free. Family pack is available for \$28 and includes: 2 adult and 2 child admissions, 4 medium soft drinks, and 20 ride coupons. We also have carnival ride coupon books for \$12. Tickets are good June 13 through July 5. *Groups are limited to 10 tickets per agency; extra tickets may be purchased for \$9 each. Call and reserve your tickets today. Money is due by June 1. NOTE: Fair will be closed on Mondays, except July 5.*



YOUTH INCLUSION PROGRAMS

TOT/FUN PATROL* (T/F)

This program is designed to instill play and recreation skills, foster socialization, and increase social skills. Activities are designed to meet the cognitive, physical, social, emotional, creative and ethical developmental needs of children ages 3 to 12. Leader: Julie Gregg

SPRING CAMP

This camp, at Scripps Ranch Rec, is full. Please call to be put on our waiting list, or call to ask about inclusion camp opportunities at other recreation centers. Cost: \$115.00
Monday – Friday, April 5-9 9:00 a.m.-4:00 p.m.

SAN DIEGO ZOO

Spend the day with us at the San Diego Zoo. Bring a sack lunch or money for lunch. Meet in front of the elephant topiary at Zoo entrance. ***You must arrive by 11:45 a.m. sharp or you will not be able to get into the Zoo with our group.*** Please let us know if you have a zoo pass when you call to register. Cost: \$7.00 without pass, \$3.00 with pass
Sunday, May 2 11:45 a.m.-3:00 p.m.

PLAYDAYS

Join your friends for a day of games, crafts and fun. Snacks will be provided. Bring a sack lunch.
Cost: \$5.00 12:00- 3:00 p.m.
Sunday, May 23 War Memorial Building
Sunday, June 27 Pepper Grove (zebra tables), Balboa Park

BELMONT PARK AND THE PLUNGE

Spend a day at Belmont Park. Cost includes unlimited rides, pizza lunch, tokens for the arcade and admission to the Plunge indoor swimming pool. **Bring a swimsuit and towel.** Meet at the rollercoaster entrance on the Boardwalk. Cost: \$20.00
Sunday, June 13 12:00-3:00 p.m.



Please Note First-time participants must be accompanied by an adult for Tot/Fun and Teen activities.

INCLUSION, WE CAN ALL PLAY TOGETHER!

The City of San Diego Park and Recreation Department has made the commitment to offer activities that include ALL individuals. Call your local recreation center to find out what activities are offered. If your child has special needs and you would like to request assistance, call Jessica Battaglia, CTRS, Inclusion Coordinator, (619) 525-8248 as soon as you know the dates. ***(We need a minimum of three weeks prior notice).*** After registration, an assessment will be given to determine participant's needs.

TEENS*

The Teen Program is designed to foster social skills, increase leisure opportunities, and create friendships in a social and age-appropriate environment, while enhancing developmental needs for teens ages 13 to 19. Leader: Julie Gregg

SKATEWORLD

Come skate with your friends, listen to music and play at the arcade. Bring extra money for the snack bar and arcade. Cost: \$5.00 admission, plus \$3.50 for skates or \$4.00 rollerblades

Friday, April 16

6:30-9:00 p.m.



SPRING FLING DANCE

See page 4 for details on this dance
open to teens and adults.



TEEN CLUB

Come hang-out with your friends at our teen club meeting. We will play games, have dinner and plan future activities. Drop off and pick up at the War Memorial Building.

Cost: \$5.00

Friday, May 14

6:00 - 8:30 p.m.

SAN DIEGO RIPTIDE

Come watch a professional indoor football game. Meet and pick up at Krispy Kreme Donuts at the San Diego Sports Arena. Bring extra money for food. Cost: \$10.00
Saturday, May 22 6:30-9:30 p.m.

TEEN SUMMER NIGHTS

Come spend your Thursday nights with us during your summer break. More information will be provided upon sign up. Activities include Belmont Park, Dinner and Movie, Zoo, Boomers, Seal Tours, Beach Party
Cost: \$75.00 for all six sessions or \$15.00/ session.
Thursdays, 6/17, 6/24, 7/1, 7/8, 7/22, and Saturday 7/17

YOUNG ADULT CLUB (YAC)

Young adults (18-30) are welcome to take part in TEEN activities as members of our YOUNG ADULT CLUB.

**SEE SPECIALTY DAY CAMP, PAGE 13
for sign-up information for Summer Camp.**

**Registration for all camps begins
Monday, May 3.**

No reservations accepted before that date.

ADULT PROGRAMS

(Ages 18 and over)

ACTION SEEKERS (AS)

This is a program designed to increase leisure independence, community functioning and social skills through experiential opportunities within the community and at recreation centers. This program supports empowering individuals, who have a developmental disability, ages 18 and older, by promoting independence. Leader: Marie Wiggins

RECREATION NIGHTS

Join us at the following Recreation Centers for a Friday evening of fun, games crafts, and dinner. Cost covers dinner and activities. Cost: \$5.00

Carmel Mtn. Rec. Ctr. 10152 Rancho Carmel Dr.
Fridays, 4/2*, 5/7, 6/11, 7/2 6:00 to 8:30 p.m.

N. Clairemont Rec. Ctr. 4421 Bannock St.
Fridays, 4/16, 5/21, 6/18* 6:00 to 8:30 p.m.
*Community outing: dinner and a movie.

SPECIAL OLYMPICS TRACK & FIELD

City Special Olympics University City High School
April 17 8:30 a.m. to 3 p.m.
County Olympics Point Loma Nazarene University
May 1 8:30 a.m. to 3 p.m.
Greater San Diego Games SDSU
June 5 8:30 a.m. to 5 p.m.
Call Special Olympics at (619) 283-6100 to register or for more information.

Don't forget to sign up for dances and other programs. See "All" page (page 4). See specialty Day Camp, page 13, for summer camp sign-up information.

CONTRACTUAL CLASSES

DANCE FEVER

Enjoy socializing, snacks and lots of dancing. Meet at Carmel Mountain Recreation Center, 10152 Rancho Carmel Drive every Saturday from 5:00-7:00 p.m.
Cost: \$5.00 for each session.
Leaders: Susie and Carlos D'Agostino



DANCE TEAM

Meets Tuesday evenings from 4:45-6:15 p.m. at Carmel Mountain Recreation Center, 10152 Rancho Carmel Dr.
Cost: \$25.00/month, with fee waiver
\$28.60 S.D. city resident without fee waiver
Payable at the first class of each month. No refunds for missed classes. Instructor: Susie D'Agostino. For more information call (619) 466-4081.

INDEPENDENT CLUB (IND)

The Club's focus is to promote independence. Members plan their own leisure activities, develop money skills, socialize appropriately, and utilize the "buddy system" at all times. Members are required to attend club meetings on a regular basis in order to attend outings. New members must sign up and attend a club meeting before attending an outing. The Club is for individuals, ages 21 and over, with developmental or learning disabilities or brain injuries. Minimal staffing is provided at club functions. Leader: Kristi Fenick. CTRS.

CLUB MEETINGS

Club meetings include, dinner, leisure planning, and socializing. New members are always welcome, but **please set up an appointment with Kristi, by calling (619) 236-7755, prior to the Club meeting.** Cost includes dinner, club store items, and activity expenses. **Everyone must register by the Wednesday before the meeting.** All of the club meetings are held at the War Memorial Building. Cost: \$6.00 per person
Fridays: April 2, May 7, June 11 6:30 to 9:00 p.m.

SPRING FLING DANCE

Join your fellow club members in hosting the Spring Fling Dance. Some members need to arrive early to help with set up, while others need to stay later to assist with clean up, so please sign up for one of the following shifts: 6:00 p.m. - 10:00 p.m. or 7:00 p.m. -10:30 p.m. Eat dinner before arriving or bring a sack dinner. Dance is held at the War Memorial Building. Cost: \$3.00 per person
Saturday, April 24 Dance Time 7:00 to 10:00 p.m.

LAUGHLIN NEVADA


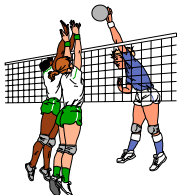

At last, our annual trip to Laughlin Nevada! We will enjoy three nights at the Flamingo Hilton. **This trip is available to active club members** (members who regularly attend club meetings and activities). Further information will be sent to club members. **Sign up as soon as possible, money is due by Friday, June 4th.**
Cost: \$35.00 per person
Depart: Sunday, June 20th at 9:00 a.m.
Return: Wednesday, June 23rd at 5:30 p.m.



SAN DIEGO RIPTIDE ARENA FOOTBALL

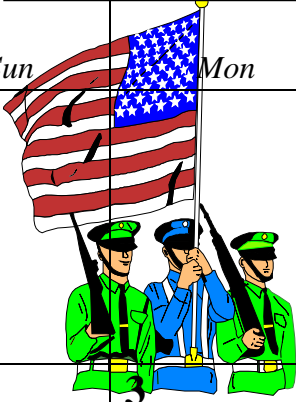
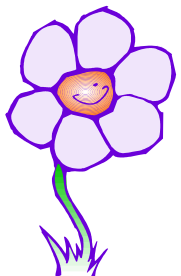

Join us in cheering on the San Diego Riptide team in an exciting arena football game at the San Diego Sports Arena. Meet at Krispy Kreme Doughnuts (3570 Sports Arena Blvd.) Cost includes entrance to the game, so bring extra money for dinner (approximately \$7.00 - \$10.00). **Money is due by Friday, May 7th.** Cost: \$10.00
Saturday, May 22 6:30 to 9:30 p.m.

April

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
AS = Action Seekers IND = Independent Club KMB = Kearny Mesa Bowl LS = Leisure Seekers MBAC = Mission Bay Aquatic Ctr	MBP = Mission Bay Park NCPS = North Crown Point Shore PH = Adaptive Sports PIR = People In Recovery RG = Recovery Games	SDSU = San Diego State University T/F = Tot/Fun TN = Teen WMB = War Memorial Bldg		1	2 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m. IND: Club Mtg, 6:30-9 p.m., WMB PIR: Dance, 8-11 p.m., WMB	3 ALL: Bowling, 12:30 – 3 p.m., KMB PH: W/C Bocce Ball Tournament, 2-5 p.m., WMB CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
4	5 T/F: Spring Camp, 9 a.m.-4 p.m., Scripps Rec Ctr LS: Universal Studios, 7:30 a.m.-7:30 p.m.	6 T/F: Spring Camp, 9 a.m.-4 p.m., Scripps Rec Ctr CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	7 T/F: Spring Camp, 9 a.m.-4 p.m., Scripps Rec Ctr CAC: Creative Writing Class, 1-2:30 p.m., WMB	8 T/F: Spring Camp, 9 a.m.-4 p.m., Scripps Rec Ctr	9 T/F: Spring Camp, 9 a.m.-4 p.m., Scripps Rec Ctr CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB	10 ALL: Tandem, 10 a.m.-1:30 p.m., Lake Miramar CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
11	12 RG: Volleyball Clinic, 9 a.m.-1 p.m., Activity Center	13 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	14 CAC: Creative Writing Class, 1-2:30 p.m., WMB DSAC Meeting, 6:30 p.m., WMB	15 LS: Bingo & Dinner, 4-5:30 p.m., WMB	16 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m., N. Clairemont Rec TN: Skateworld, 6:30-9 p.m.	17 City Special Olympics, 8:30 a.m.-3 p.m., UC High School CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec PIR: Spaghetti Dinner, 5-8 p.m., WMB
18 PIR: RG Volleyball Tournament, 9 a.m.-2 p.m., Activity Center	19 	20 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	21 LS: Softball League, 10 a.m.-1 p.m., Morley Field CAC: Creative Writing Class, 1-2:30 p.m., WMB	22	23 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB	24 Hammer Tourny, 9 a.m.-12 p.m., Muni Gym PIR: RG Table Games, 9-2 p.m.; RG Swimming, 12-5 p.m., Bud Kearns POOL CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec TN/ADULT: Spring Fling Dance, 7-10 p.m., WMB
25 PIR: RG Bowling Tournament, 9 a.m.-5 p.m., Sunset Bowl	26	27 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	28 CAC: Creative Writing Class, 1-2:30 p.m., WMB Volunteer Recognition, 5:30 p.m., Petco	29	30 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB	

2004

May

Sun		Mon	Tue	Wed	Thu	Fri	Sat
							1 PH: Handcycling, 8-11 a.m., NCPS County Olympics, 8:30 a.m.-3 p.m., Pt Loma Nazarene CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
2 T/F: SD Zoo, 11:45 a.m.-3 p.m., San Diego Zoo			4 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	5 TN/ADULT: Cinco De Mayo Dance, 10 a.m.-1 p.m., WMB CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC		7 CAC: Performing Arts Class, 1-2:30 p.m., Self- Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m., Carmel Mtn Rec IND: Club Mtg, 6:30-9 p.m., WMB	8 PH: Handcycling, 8-11 a.m., Centennial Park ALL: Tandem, 10 a.m.-1:30 p.m., NCPS ALL: Bowling, 12:30 - 3 p.m., KMB CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
			11 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	12 CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC DSAC Meeting, 6:30 p.m., WMB		14 CAC: Performing Arts Class, 1-2:30 p.m., Self- Expression Class, 3-4:30 p.m., WMB TN: Teen Club, 6-8:30 p.m., WMB	15 ALL: Bowling, 12:30-3 p.m., KMB PIR: RG Games, 7 a.m.-3 p.m., Mesa College CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec PIR: RG Dance, 8-11 p.m., WMB
16 			18 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	19 LS: Softball League, 10 a.m.- 1 p.m., Morley Field CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC	20 LS: Dinner & Ice Cream Social, 4-5:30 p.m., WMB	21 Deaf Field Day, 9:30 a.m.-1 p.m., Olive Grove CAC: Performing Arts Class, 1-2:30 p.m., Self- Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m., N. Clairemont Rec	22 PH: Handcycling, 8-11 a.m., MBP ALL: Bowling, 12:30-3 p.m., KMB CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec TN/IND: SD Riptide, 6:30-9:30 p.m., Sports Arena
23 T/F Playday, 12-3 p.m., WMB			25 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	26 CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC	27 	28 CAC: Performing Arts Class, 1-2:30 p.m., Self- Expression Class, 3-4:30 p.m., WMB PIR: Dance, 8-11 p.m., WMB	29 PH: Handcycling, 8-11 a.m., De Anza Cove CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
30	31 MEMORIAL DAY Office Closed					<div>2004</div>	

June

June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
 SD County Fair June 11 – July 5		1 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	2 CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC	3	4 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB	5 PH: Handcycling, 8-11 a.m., Silver Strand Greater San Diego Games, 8:30 a.m.-5 p.m., SDSU CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
6	7	8 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	9 CAC: Creative Writing Class, 1-2:30 p.m., WMB PH/LS: Kayaking, 4-6:30 p.m. MBAC DSAC Meeting, 6:30 p.m., WMB	10 LS: Softball League, 10 a.m.-1 p.m., Morley Field	11 SD COUNTY FAIR start (through July 5) CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m., Carmel Mtn Rec IND: Club Mtg, 6:30-9 p.m., WMB	12 PH: Handcycling, 8-11 a.m., NCPS ALL: Tandem, 10 a.m.-1:30 p.m., Fiesta Island ALL: Bowling Banquet, 11:30 a.m. – 2 p.m., Location TBA CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
13 T/F: Belmont Park & Plunge, 12-3 p.m., Belmont Park	 FLAG DAY Office Open	15 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	16 LS: Softball League, 10 a.m.-1 p.m., Morley Field CAC: Creative Writing Class, 1-2:30 p.m., WMB	17 LS: Bocce Ball & BBQ, 4-5:30 p.m., WMB TN: Summer Nights. Locations and times TBA	18 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB AS: Rec Night, 6-8:30 p.m., dinner & movie	19 CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec PIR: Dance, 8-11 p.m., WMB
20 LS/IND: Laughlin, 9 a.m. departure from WMB	21	22 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	23 CAC: Creative Writing Class, 1-2:30 p.m., WMB LS/IND: Laughlin, Return to WMB 5:30 p.m	24 TN: Summer Nights. Locations and times TBA	25 CAC: Performing Arts Class, 1-2:30 p.m., Self-Expression Class, 3-4:30 p.m., WMB	26 CONT: Dance Fever, 5-7 p.m., Carmel Mtn Rec
27 T/F Playday, 12-3 p.m., Pepper Grove	28	29 CONT: Dance Team, 4:45-6:15 p.m., Carmel Mtn Rec	30 CAC: Creative Writing Class, 1-2:30 p.m., WMB			
						2004

CREATIVE ARTS CONSORTIUM (CAC)

(for adults only)

The Creative Arts Consortium is a nonprofit organization that provides exhibit venues and art and writing classes for persons with mental illness, emotional disorders and/or other disabilities.

CREATIVE WRITING CLASS

In a completely friendly and low-stress atmosphere, we get together to share writings of our own and of our favorite authors. After sharing and discussing items that have been written, we usually take some time to write a short in-class exercise on some topic of common interest or whatever else one feels like writing about. It is perfectly okay to attend the class just to listen in on what is going on or just to read from the work of an author or poet you like.

Instructor: Stephen Tuba.

1:00-2:30 p.m.

Wednesdays, April 7, 14, 21, 28
May 5, 12, 19, 26
June 2, 9, 16, 23, 30

Cost: Free



PERFORMING ARTS CLASS

This class provides an opportunity and vehicle for helping people with mental illness to improve their self-esteem. The focus of this class is artistic expression, dramatic reading, role-playing and movement. Cost: Free

Instructor: Garrett Knipe

1:00-2:30 p.m.

Fridays, April 2, 9, 16, 23, 30
May 7, 14, 21, 28
June 4, 11, 18, 25

SELF EXPRESSION THROUGH ART

Let the artist inside each of you come out to play. Express images hidden within, using paints, colored pencils, markers, pastels, collage or other medium of your choice, without judgment or criticism. Just enjoy! Cost: \$1.00

Instructor: Joan McCann

3:00-4:30 p.m.

Fridays, April 2, 9, 16, 23, 30
May 7, 14, 21, 28
June 4, 11, 18, 25



LEISURE SEEKERS (LS)

The Leisure Seekers group provides recreational opportunities, teaches leisure skills, increases socialization and self-esteem for individuals with mental illness or behavioral health disorders. Individuals, day treatment programs, board and care facilities, and drop-in centers are welcome to attend.

**For more detailed program information,
please call (619) 525-8247 and ask to
receive the *Leisure Seekers Newsletter***

UNIVERSAL STUDIOS

Depart from the War Memorial Building.

Cost: \$40.00 per person

Monday, April 5

7:30 a.m. to 7:30 p.m.

BINGO & DINNER

War Memorial Building

Thursday, April 15

\$2.00 per person

4:00 to 5:30 p.m.

SOFTBALL LEAGUE

Morley Field

Cost: \$25.00 per team

Wednesdays: April 21, May 19, June 16

10:00 a.m.-1:00 p.m.



CINCO DE MAYO DANCE

War Memorial Building

Wednesday, May 5

Cost: \$3.00 per person

10:00 a.m. to 1:00 p.m.

KAYAKING

Mission Bay Aquatic Center

Wednesdays: May 5-June 9

p.m.

Cost: \$30.00 per person

4:00 to 6:30

DINNER & ICE CREAM SOCIAL

War Memorial Building

Thursday, May 20

\$2.00 per person

4:00 to 5:30 p.m.

LAUGHLIN, NEVADA

See newsletter for departure location

Cost: \$75.00 per person

Depart: Sunday, June 20th at 9:00 a.m.

Return: Wednesday, June 23rd at 5:30 p.m.

See L.S. newsletter for more information



ADAPTIVE SPORTS

Adaptive sports programs (designed for persons with physical disabilities, ages 5 through adult) promote health and fitness by working on increasing cardio-vascular endurance, upper body strength, wheelchair mobility skills, and leisure independence in both recreational and competitive environments

HANDCYCLING

Handcycling is a great way to meet people, enjoy fresh air and sunshine, while building strength and endurance. This program is geared for children, 8 years-adult, with a physical disability. Cost is \$20.00, covers equipment rental, maintenance, and 6 sessions. Program is free if you have your own handcycle. Call our office for locations and which group you'd like to sign up for. Handcycle assessments for first-timers will be held Thursday, April 22. Please call for an appointment.

Saturdays, 5/1, 5/8, 5/22, 5/29, 6/5, 6/12

Group I, 8:00 - 9:30 a.m.; Group II, 9:30 -11:00 a.m.

3rd ANNUAL WHEELCHAIR BOCCE BALL TOURNAMENT

It will be time to let the pallino fly when children, teens, and adults with physical disabilities compete to see who will be this year's Bocce Champion.

Join us outside the War Memorial Building in beautiful Balboa Park for this annual tournament.

Cost: \$5 Leader: Scott Krause

Saturday, April 3 2:00 p.m.-5:00 p.m.

KAYAKING

Whether you're an experienced paddler or have never even seen a kayak, our staff will help you develop the skills to paddle like a pro. This program is geared for children and adults, ages 8 & up, with permanent physical disabilities and for adults with mental illness. We'll meet at Mission Bay Aquatic Center (1001 Santa Clara Place). Cost is \$30.00 for 6 weeks. Partial scholarships are available for those who demonstrate a need.

Wednesdays, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9

4:00-6:30 p.m.

**SEE SPECIALTY DAY CAMP, PAGE 13
for sign-up information for Summer Camp.**

**Registration for all camps begins
Monday, May 3.**

No reservations accepted before that date.

PEOPLE IN RECOVERY (PIR)

This program is designed to increase personal growth, self-esteem, independence and confidence through participation in a variety of recreational activities for individuals recovering from drug and alcohol addictions. Leader: Connie Hegev.

RECOVERY GAMES VOLLEYBALL CLINIC AND TOURNAMENT

Come sharpen your volleyball skills to prepare for the Recovery Games Volleyball Tournament. Your six person co-ed team will learn to bump, set, spike and serve. Registration will take place the morning of the event. Participants must wear closed toed tennis shoes. NO body piercing jewelry allowed.

Cost: FREE.

Clinic, Monday, April 12 9:00 a.m. to 1:00 p.m.

Tournament, Sunday, April 18 9:00 a.m. to 2:00 p.m.

Clinic and tournament held at the Activity Center.

RECOVERY GAMES TABLE GAMES & SWIMMING

Our single elimination table games tournament will offer: spades, pinochle, scrabble, backgammon, gin rummy, checkers, cribbage, and dominos. Medals awarded to the top three finishers. Meet by the Bud Kearns Pool, south end of Texas Street. For more information, call Connie at (619) 525-8247 Cost: FREE.

Saturday, April 24 9:00 a.m. to 2:00 p.m.

Individual and team swimming events. Freestyle, breast stroke, and relay.

Saturday, April 24 12:00 p.m. to 5:00 p.m.

RECOVERY GAMES BOWLING TOURNAMENT

Five-person-team bowling at the Sunset Bowling Alley. For further information and registration, call Dean at (619) 518-8909. Cost: \$50.00 per team.

Sunday, April 25 9:00 a.m. to 5:00 p.m.

Therapeutic Recreation Volunteer News

Bursting with energy, Therapeutic Recreation Services' volunteers provided outstanding volunteer support in January for our National Indoor Wheelchair Soccer Tournament. Volunteers assisted with scorekeeping, cooking and serving food to hundreds of players from around the country. Without the help of our individual and group volunteers, we could not have hosted a tournament of this capacity. Special thanks to Mendy McClure-SDSU General Studies 420 students, Pathfinders, Freedom House and Crash for all their time and energy. A heartfelt **thank you** to **all** our fantastic volunteers, who helped make this an extraordinary four day event.

April 28th is the date of our Volunteer Recognition. Mark your calendars for an exciting evening with the San Diego Padres at their new Petco Park. We will enjoy a picnic in the new "Park In The Park" and then proceed to the game against Montreal. Be on the lookout for your invitation for a fun evening as our thanks to you!

WELCOME TO OUR NEWEST VOLUNTEERS

**Jennifer Arellano, Justin Bernard, Interns-
Laura Egge and Sayaka Ishibashi, Mendy
McClure Spring '04 General Studies Students,
Jessica Salisbury, Randy White, Katie Dietsch,
Lissa Belden, Susan Seacord, Owen Trimarchi,
Lina Cruz and UCSD PASS- Erika Vargas.**

Happy Birthday to our April, May and June Volunteers

**Ed Kalamon, Mike Karpinski, Bob Kuhn, Richard
Gilbert, Jennifer Kregness, Alex Djordevic, Lissa
Belden, Erin Robbins, Nancy Wilson, Alice
Colthurst**

The City of San Diego, for security reasons, is requiring all volunteers to be finger printed prior to starting their volunteer time. If you have not been fingerprinted with the city's live scan machine, you will need to contact Rose Caldwell at (619) 236-7756 for instructions on how to be fingerprinted; this is a mandatory process at no charge to you.

2004 Spring Volunteer Needs

Tot/Fun	Day camp
April 5-9; May 2, 23; June 12, 27	
Teens	April 16, May
14, 22; June 17, 24	
Hammer Tournament	April 14
Handcycle	May 1, 8, 22,
29; June 5, 12	
Kayaking	May 5, 12, 19,
26; June 2, 9	
Bowling	April 3; May
8, 15, 22	
Special Olympics	April 17;
May 1, June 5	
Recovery Games	April 12, 18,
24, 25, May 15	

To register for any of the above activities, or if you know of anyone interested in volunteering, contact Rose Caldwell, at (619) 236-7756 or e-mail at prdsp@sandiego.gov

RECOVERY GAMES AND DANCE

Opening ceremonies start at 8:00 a.m. Registration 9:00 a.m. at the track. Events include: softball throw, running long jump, track and children events will be held at Mesa College. For further information, call Connie (619) 525-8247. Cost: FREE

Saturday, May 15 7:00 a.m. to 3:00 p.m.
Celebrate your participation in the games at the dance held at the War Memorial Building in Balboa Park.

Cost \$3.00 in advance/\$5.00 at the door.
Saturday, May 15 8:00 to 11:00 p.m.

SPECIALTY DAY CAMPS

REGISTRATION FOR SUMMER CAMPS WILL BEGIN

Monday, May 3, 2004

You may register by phone, 619-525-8247 (619-525-8249 TDD), or in person at the War Memorial Building, room 6, 8:00 a.m. to 5:00 p.m. Monday through Friday.

NO REGISTRATIONS ACCEPTED BEFORE MAY 3.

Enrollment is limited, and some camps fill up within the first few days, so call early.

More specific information for each camp will be mailed out upon registration.

11TH ANNUAL CAMP AT THE BAY

Tuesday – Friday, July 13 – 16, 10:00 a.m. to 3:00 p.m.

Cost: \$80.00

Campers, ages 7 to adult, with disabilities will experience jet skiing, water skiing, tubing, sailing, kayaking, karate, crafts, handcycling, and more. Participants requiring extra assistance are requested to bring an attendant. Siblings and friends are welcome to attend. **Paperwork/fees are due by Friday, June 4.** Camp meets at North Crown Point Shores. Leader: Scott Krause.

CAMP ABLE – Silver Strand, Coronado

Monday – Friday, July 26 – 30, 8:30 a.m. to 3:30 p.m.

Cost: \$90.00

Campers, ages 6 to adult, with any disability will enjoy aquatic activities and crafts at the beach in Coronado. This year drop off and pick up will be at Camp Able, Silver Strand. Due to budget constraints, we will not be able to provide bus transportation from the War Memorial Building. **Paperwork/fees are due by Friday, July 16.** Leader: Marie Wiggins.

CHOLLAS LAKE INCLUSION CAMP

Monday – Friday, August 16 – 20, 9:00 a.m. to 4:00 p.m.

Cost: \$80.00

Campers, ages 6 to 12, with any disability, siblings and friends, join us once again to enjoy activities in the great outdoors at Chollas Lake. **Paperwork/fees are due by Monday, July 19.** Leader: Julie Gregg.

WC SPORTS CAMP

Tuesday – Saturday, August 10 – 14, 8:00 a.m. to 3:00 p.m.

Cost: \$75.00 (\$100 with transportation)

Children and teens, ages 4 to 18, who have a permanent physical disability, will participate in a variety of wheelchair sports along with coaches who are fellow wheelchair athletes. Participants should have fairly good use of their upper extremities. Those requiring extra assistance are requested to bring an attendant. Activities will be held at Southwestern College, August 12, 13 and 14, and North Crown Point Shores, August 10 and 11. **Paperwork/fees are due by Friday, July 23.** Leader: Marla Knox

Other day camp opportunities are available for children ages 6 to 12 at local San Diego Park and Recreation centers. Call 619-525-8248 to request inclusion support if needed. Requests are processed in the order received and according to staff availability. (Minimum three-week notice is needed.) Special thanks to our partner KIT (Kids Included Together) for providing extra funding for inclusion aides.

Partial scholarships for all camps are available to those who demonstrate need.



THE CITY OF SAN DIEGO

Park & Recreation Department
Therapeutic Recreation Services
War Memorial Building, Balboa Park
3325 Zoo Drive
San Diego, CA 92101

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The information in this calendar is available in alternative formats upon request.